

*My beloved Divine Mother,
Dance with me under the soft moon
shining in the wide open fields far
beyond the toil and trouble
of my busy mind.*

ETHAN WALKER



TRANSCENDENCE
Serious Spirituality for Devoted Aspirants

ISSUE 54
10 August 2014



Electronic mini-mag distributed every full moon

TRANSCENDENCE

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3	Heaven Letters	GLORIA WENDROFF	12	Equal opportunity for education	BAHÁ'Í FAITH
5	A practical guide to discipleship	ROY EUGENE DAVIS	13	Gambling gestures	SHARE INTERNATIONAL
6	A year of emergence	LUCIS TRUST	14	What is joy?	SWAMI SHANKARANANDA
7	Pride is the death of wisdom	ANANDA SANGHA	15	Poems and truth	DR BERNIE SIEGEL
9	Building a society of value	ROD BRIGGS	17	A walk into meaning	FR NOEL GILLESPIE
10	Epitomised mind power - Part 2	SWAMI MURUGESU	19	Readers' Inspirations	
11	Inner versus global conflict	SUREN PILLAY	20	Additional Resources	

This month's cover feature is by Dean Petzer.

Welcome to the July 2014 issue of *Transcendence*.

*My beloved Divine Mother, Dance with me under the soft moon shining in the wide open fields far beyond
the toil and trouble of my busy mind.*

*Dance with me before the night grows old while the winds of love still bow the grasses
and the coyotes howl for you to step their way.*

Dance with me my beloved while the Mystery's Edge still flirts in the shadow of your radiant light.

ETHAN WALKER, SOFT MOON SHINING

August is National Women's month here in South Africa. On the east coast it is a beautiful time of year as winter is coaxed into spring by gentle breezes in the same way a mother nurtures her child into responsible adulthood.

Each of us carries a spark of Divine Mother within. She is that part of us which loves, nurtures and cares for all. When you are expressing motherly qualities you are connecting with Divine Mother. When you are in need of spiritual nurturing, it is Divine Mother who comforts you. She is the female energy of the male God so many have become accustomed to from childhood.

If we want to live in perfect balance it is important to connect equally to both Divine Mother and God the Father. We should not let ourselves become victims of spiritual divorce caused by our own religious conditioning. Make sure you nurture both Mother and Father aspects of your inner self, connect with both Divine Mother and Father God, feed your yin and your yang. Do not let either of them leave the other, and do not let them find conflict with one another, for they are the river currents that will carry you to nirvana.

In Love and Service, always,





Heavenletter # 4097 – A Palace of Hearts

GLORIA WENDROFF

God said:

If you would accept that you are loved - if ten percent of the people on Earth would accept that they are loved -- all the troubles of the world would disappear in an instant. Nothing would be able to stand up against the power of such love. I can hear the hum of all that love now, and Earth would instantly rise to Heaven. Earth would be rocked to its very foundation, and rise like love. Love is the most powerful arrow you carry in your quiver. You have forgotten.

Notice that I said if you would accept that you are loved. I didn't say if you could accept. You do have a choice. It is your choice. It was your choice to adopt the idea that love is a rare quantity. It was your choice to accept that you had to fend for yourself in a world of woe, that you had to protect yourself, defend yourself, and so you built a moat around the castle of your heart, a moat of coolness, a moat of wariness.

And, like the world, you bantered about details, and put details and facts and laws and emotions before the Greatness of Love itself. Love often came last. Everything else had to be considered first. You forgot that love supersedes all the arguments you placed before it. You made love come last in the scheme of things and felt vindicated.

Let love come first. Let love beat all. Love will win any day. The one who gives love is the winner. He wins the day. He wins love. He steps out of the fray and gives love, and he comes to know love from the depth of his heart.

Love is the cushion of life. It is a cradle, and within that cradle, everyone is nourished. Within that cradle, love is not taken away. It is not denied. It is not scolded. Let love be for everyone, given and received. Let love be honored. And when you are honored and when you give honor, wherever you are becomes a Palace of Hearts.

What if teachers loved and made it easy for their classes to love? What if schools were schools for love? What if love were a daily occurrence at school? If everyone felt loved, love would be empowered, and everyone would give love. It would be easy to give love. There would be love of learning and love of giving, and all would be love.

Life can be like this in the world. It will be this. What is going to be will be, and, yet, why wait? What are you waiting for? Are you waiting for someone else? Tarry no longer. The time for love is now. Love is dawning right now. Pull up the shades on the window of your heart and join in the march of love.

There are rays of love from Heaven. That is the golden ladder you climb. As you climb, you will see that the whole populace of the world is following you. Follow the leader. The leader in love is you. The leader in love is your heart. All depends upon your heart. I depend upon your heart to restore the world to its rightful place. I look to you. I look to you as the savior of your own heart.

There is no heart but Mine, and I have entrusted My heart to yours. Rally with Me, and We will walk down the lane of Heaven as One, surrounded by love and beauty, fostered by the love in beating hearts of all.

It is a little thing to love really. A big thing has been made of a little thing. A big thing has been made of it because reasons were given to withhold it. Reason has no reason. Love is the reason for everything. Love is all. When will this become common knowledge and become the lay of the land? I am asking you. I have been waiting for you. I think you have been waiting for Me. We do this together. Be My angels. Let Us be a band of angels. Let Us forfeit greed and suffering. Let Us give them up. Let Us choose love instead. There is no other choice really. This is so plain to see, and, yet, it has been ignored. A blind eye has been turned toward love as if everything else had to precede it, as though there were a law that required you to prove yourself worthy of love before you could give it or get it.

The world has been backward, and now, because of you, the world is righting itself. ►

SOURCE LINK TO THIS ARTICLE: <http://heavenletters.org/a-palace-of-hearts.html>



Inspirational Quotes



On Earth, nothing has to hinge on results, one way or another. One does not have to get all the Christmas gifts one desires. Be glad with what is and glad that you express yourself to Me. I am glad too. There is nothing wrong with your desiring that loved ones live long.

Heavenletter #4103 In the Consciousness of Heaven



Of course, it is well understood that complaining means you also care. You would not complain if you didn't care. And, yet, when you care, what you must do is rise above your complaints. Do you want to help or complain? Frequenting a store, for example, is not a marriage. You don't have to stay there.

Heavenletter #4102 The Rules of the Game



"Let babies be recognized as the love they are. Let teenagers be recognized for the love they are. Let parents be recognized as the love they are. Let old people be recognized for the love they are. Let you, who reads this, recognize the love you are and so emanate love until all the world is bathed in love, and the world soars with love, reaching the Highest Heaven effortlessly. Love is a shoe-in.

Heavenletter #4099 Concede. Surrender. Love.



Your feelings are important, and others' feelings are important too. Sometimes you don't even know what your feelings are. You don't know what your complaints are. You may point to this and that, and yet you may have skirted the real issues. You may not be conscious of them. There is too much pointing to the other guy. This holds true for nations, and it holds true for individuals. Peace is better than war. False peace is not peace.

Heavenletter #4100 Feelings and Logic



I tell you that you are perfect. Only in the world are you imperfect. Concede to this, and you won't be dismayed so when someone disagrees with you. Take it easy when you correct another, and take it easy when you are corrected. Grant yourself some leeway, and grant leeway to others as well.

Heavenletter #4101 To Stay Afloat in the Ocean

Ten years ago, after a spiritual awakening, I started writing letters to my inner self and got answers. After a while, I thought: "Hmm, if I can address myself and get answers, why not with God?" I had always heard to go to the top, so I started asking questions to God, first for myself and later for others, and God answered with a common sense and vision far beyond anything I could ever have thought of. And then questions were no longer necessary because God just started coming in with what He wanted us to hear. One thing about God, He wants His words shared, and so Heaven Letters is emailed out every day.

GLORIA WENDROFF



Everything God says is meant for you, and each day's Heaven Letter contains a new message God wants you to hear that day. For people of all faiths, or of none, Heaven Letters are like a walk you take with God. With each step, you come closer until you find there is no distance between you and God.

Visit www.heavenletters.org





A practical guide to dedicated spiritual discipleship

ROY EUGENE DAVIS

Excellence is an exceptional quality or condition superior to or much better than ordinary. It can be experienced by having higher-purpose ideals and aims actualized. Having only higher-purpose ideals and aims empower us to bring forth and freely express our innate qualities and to have insights and experiences that enhance our life. When we are spiritually conscious and higher-purpose directed, our clarified awareness helps to purify the collective consciousness of everyone and our actions produce constructive results.

During more than sixty years of ministry-service, hundreds of people have told me of their desire to be Self-realized and to know the reality of God. Many of them also said that, although their life was more satisfying because of their metaphysical studies and spiritual practices, spiritual enlightenment seemed to be more of an ideal than a soon-possible experience. Unwavering aspiration to be spiritually enlightened should be more than a hope or desire—an experience we would like to have, when and if it happens. We should constantly believe that we can, and will, experience it, and be constantly alert to notice revealing insights that emerge and life-enhancing changes in our mental outlook and states of consciousness that occur.

Of the constructive things we do, daily superconscious meditation should be first on our list. When we daily sit in superconscious silence, thoughts, emotions, and behaviors are more easily regulated when we are engaged in daily activities and we are inclined to be constantly inspired and motivated to be completely dedicated to our chosen path of spiritual discipleship.

Some obvious results of concentrated right endeavors are: We have frequent insights into our intellectual and mental processes and emotions and are inclined to more frequently examine what we do and why we do it. Thinking becomes focused, actions become decisive, living becomes more enjoyable and meaningful.

We become more cosmic conscious: aware of the processes of life and the universe as a whole. Awareness with knowledge of higher realities effortlessly emerges from within us. Beneficial changes and revealing insights that spontaneously occur are natural and familiar, as though we are rediscovering them. Until our thoughts, moods, and behaviors are always in accord with how we know we should live, we can choose to control impulsive inclinations, thoughts, emotions, and behaviors. With each successful right endeavor, we become stronger, wiser, and more freely functional.

My total dedication to spiritual discipleship is fully supported by my constructive thoughts, personal behaviors, and intentional actions. The Wisdom of Paramahansa Yogananda Meditation techniques are “tools” used to accomplish a purpose [mental calmness and clarified awareness]. When you have accomplished that purpose, you can put them away. When a disciple said to Paramahansa Yogananda, “You can easily do what you tell us to do because you are Self-realized,” he quietly replied, “Many years ago I did what I had to do to be what I am. You can also do it.”

Excerpt from *Truth Journal*, December 2012/January 2013

Roy Eugene Davis was ordained by Paramahansa Yogananda in 1951 and appointed as the minister of the Phoenix, Arizona, Self-Realization Fellowship Center in March 1952. In 1955 he began his mission as an independent Kriya teacher. Since then, he has taught in more than 100 cities in North America and in Japan, Brazil, Europe, West Africa, and India. He is also the publisher of *Truth Journal* magazine and writes monthly lessons for CSA members around the world.



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A year of emergence: can we seize the opportunity?

LUCIS TRUST

Last year, 2012, it is no exaggeration to say that millions of people around the world paused for reflection, meditation and prayer during the Festival Week of the New Group of World Servers, December 21 – 28. The remarkable thing about the Week was that so many people from different faith and philosophical backgrounds participated – largely due to popular response to a Mayan prophecy that a new era would begin on December 21.

From our Triangles perspective many of us will have been sensing how this massive engagement in aspiration and invocation from human beings drew forth an equally significant response from the Soul, the Christ within the human heart, and from the Great Ashrams on the inner side, the communion of Saints, Rishis, Masters and Lords of Compassion. Light and goodwill were released, flowing into the collective mind and heart of humanity.

Alice Bailey writes that creative processes in the new group of world servers proceed in a cyclic rhythm. In the three-year cycle, a year of crisis is followed by a year of tension that is then followed by a year of emergence or impact on human thinking. The same cycle operates on a larger scale over a nine-year period (three years of crisis and so on) and then on an even broader time scale over twenty-seven years (nine years of crisis etc).

This year 2013, following on from the outpouring of lighted energies during the 2012 Festival Week, is special because, from the Wesak Festival on April 25th, all three cycles (3, 9 and 27) will be in the same phase (emergence and impact on public consciousness). The last time this happened was in 2000, when all three cycles were in the phase of tension.

As a group mind, and as a net of triangular pulses of invocation to the forces of light and goodwill, we, together, can play an important role in this year of emergence. We can do this by exercising our imaginations, pondering what it might mean for light and goodwill to have a potent impact on popular thinking. We have an opportunity to build a spirit of expectancy: expecting public opinion to become more inclusive and more fired by a will to share and a will to co-operate. Let's seize the opportunity!

Each time we link with our Triangle partners, before using the Great Invocation, we can imagine all the lighted energies of divinity that flowed during the Festival Week penetrating right into the minds and hearts of billions of our fellow human beings. Expect that this impact on consciousness will demonstrate in surveys of public opinion around the world showing a marked increase in wise and compassionate attitudes towards current issues like climate change, sustainable development and the economics of sharing.

The activities of the Lucis Trust promote the education of the human mind towards recognition and practice of the spiritual principles and values upon which a stable and interdependent world society may be based.

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LUCIS TRUST



Pride is the death of wisdom

PARAMHANSA YOGANANDA

What kind of consciousness is predominant in your mind? Are you egotistical? If so, remember that egotism drives wise men and truth away from you. Try to be humble and through the magnetism of humility attract the protecting presence of friends, saints, and God.

Humility is the fertile valley of consciousness where the rain of God's wisdom falls. As on a mountain peak no rain can gather, so also on a high peak of egotism no waters of knowledge can remain. The egotist refuses to investigate truth and shuts the door of receptivity through which knowledge enters. The humble person, by contrast, is always ready to learn and drinks in knowledge from everyone and everything.

The egotistical person manages to be satisfied with small accomplishments by making them look big to himself. Imagining that he is doing great things, he spends much of his time telling others how great he is, but he does not progress. It is the consciousness of his own inferiority which makes a man hide behind a display of pride.

The person who is absorbed in doing great things, and never speaks of it, is truly humble. It is the divine law that he who pretends to be greater than he is will surely be found out and criticized in the mirror of public opinion, while he who is humble and hides his greatness will be admired.

Humility comes from seeing God, not yourself, as the Doer. When you see Him acting through you, how can you be proud of anything you do? I could sit here all day singing my own praises; it would mean nothing to me. I would know that I was giving praises only to God. Humility lies in the heart; it is not a "put-up" job. You must feel that everything you do is accomplished by Him alone, through you. Pride is the death of wisdom.

Blessed are those who are meek and humble in spirit, for humility and meekness create in them a bottomless receptacle of receptivity to Truth. A stone-hard, proud individual rolls down the hill of ignorance and gathers no moss of wisdom, while the humble souls in the valley of eager mental readiness gather the waters of wisdom coming from all human and divine sources.

Science cannot really invent anything. Nor can artists really create anything. Your thoughts are not your own. They come from a universal source: all thoughts are universally not individually rooted. All that man can do is rearrange what is already there. The arts and sciences, like man himself, are not important in the great scheme of things except as they help to unfold the divine plan for the universe. The wise never boast of their own qualities or their own accomplishments, but view them all as belonging to a universal reality. Humility before God is the beginning of true wisdom and understanding. Always, in all things, behold God as the Doer.

Some people may consider a downward gaze proper in the presence of the Divine, and anything else a presumption. In fact, however, a downward gaze while praying and meditating takes the mind downward, not upward to God. Downwardness suggests a feeling of unworthiness, when in fact God invites the soul to soar. Stooping suggests a servile attitude also.

Attitudes of unworthiness and servility are negative. They are not at all the same thing as humility. Humility, indeed, begins with self-forgetfulness. True humility uplifts the energy; it doesn't abase it. Any posture that obstructs that upward flow hinders the development of all ennobling attitudes, including humility.

How did God manifest this universe? Out of Himself. How did God manifest you and me? Out of Himself: He became everything. He did not make things the way you or I might make a table, because He had nothing to make anything out of—only His consciousness existed. You are not your body or personality. You are that Infinite One who is acting through a particular body. He does everything



through you.

God is the greatest. There can be no one greater than God. As great as He is, God never speaks of Himself and is ever hidden. God has every power conceivable yet He silently goes about regulating His vast family of the cosmos without any show of His power and excellence, and without seeking any recognition from anyone.

Anyone who knows God is silent and humble like Him. The true devotee is one who, like God, lovingly serves all in utter forgetfulness of self.

God tries to influence his error-stricken children through the humble, all-forgiving personalities of his true saints and devotees. Study their lives. Reach out to them mentally and learn to commune with them. The path they traveled is the path to God. Their lives provide you with a yardstick for your own development. Seek in them the inspiration to strive more earnestly to improve yourself, that you may accomplish worthwhile things in your own life.

Jesus, knowing God's will, refused to offer spectacular signs and miracles to prove God's existence, or his own divinity. Jesus performed miracles of healing, raising the dead, and walking on the sea strictly under divine guidance and permission. He always emphasized that he was strictly doing the will of God who sent him, and said that his disciples were very fortunate to be able to witness such a manifestation of divine powers.

Many great saints (not all, by any means) have performed miracles—including, for their close disciples, the resurrection of their bodies after death. Even so, we must remember that their greatest miracle is not one they performed outwardly: it is the extraordinary example of their lives, lived so beautifully for God, and in Him.

Most saints leave this world in a simple, unpretentious manner like everyone else. They deserve our love and emulation above all for the example they set of humility, of calm acceptance, and of universal love and compassion.

Though God is the sole Owner of the cosmos, silently showering us with gifts from life to life, one thing yet remains which He does not own, and which each human heart is empowered to withhold or bestow: our love. The Creator, in taking infinite pains to shroud with mystery His presence in every atom of creation, could have had but one motive: the desire that we seek Him only through free will. With what humility has He concealed the iron hand of omnipotence!

Every quality, mental or spiritual, that can bloom in the garden of the human mind has flowered many times before. No matter whether you are a successful business man, or a powerful politician, or a dictator, or a great reformer, your power is nothing but the reflected power of God.

Let us learn from the fate of others. The only worthwhile accomplishments are not those we achieve outwardly, but the victories we win over ourselves. Let us create inner dwellings of beautiful qualities, erecting them in valleys of humility where gather the rains of God's mercy and other people's good wishes for us. Humility is the open gate through which the divine flood of mercy and power flows into receptive souls.

Let your thoughts be inspired not by ego, but by God. Let your thoughts be fragrant and beautiful, not rank and ugly, that the memory you leave behind be felt as a blessing on the earth.



Ananda Sangha is a movement based on the teachings of Paramhansa Yogananda that helps you bring God into your life through meditation and spiritual living. visit www.ananda.org





Building a Society of Value

ROD BRIGGS

*When will there be justice in Athens?
There will be justice in Athens when those who are not injured
are as outraged as those who are.*

THUCYDIDES (460 BC – 395 BC.)

It would seem from the above quote that our ‘I’m alright jack...’ gene has been with us since very early on in our history. At a certain point in our survival a little bit of selfishness may be a good thing but once we are off the bottom rung of Maslow’s Hierarchy our horizons should be encouraged to expand; to start to look beyond ourselves. In some ways we are creatures of a collective, we are at our best when everyone in our environment is happy.

Unfortunately, and since the end of the Second World War increasingly, we have been encouraged to believe in our own personal entitlement, often to the detriment of others. We are encouraged to think that we ‘are worth it’ and ‘it’s my time now’ to quote from the commercial mindlessness that passes for consumer information. This short sighted approach, which flies in the face of all religious dogma from Christian to Pagan, costs us greatly. It teaches us that we are separate from each other and that ‘me and mine’ is more important than ‘you and yours’. This thinking leads to a perception of life as something to be fought against so that ‘I’ can get what’s rightfully ‘mine’ in a Darwinian struggle.

History shows us that societies built on altruistic principles blossom and thrive; the decline happens, inevitably, when personal rights become more important in the minds of the people than the common good. We don’t have to look further than our own back yard to see the truth of this. In pre-colonial Zulu culture every member of the nation, from the King down, saw himself as an integral part of the inkatha (‘crown of woven grass’, a tribal emblem symbolizing the force unifying the Zulu nation) and as such subjugated their personal needs for the good of the whole; this led to a period in which they were the most prosperous, and most powerful of any other sub Saharan culture – they were much greater than the sum of their parts. As the leadership and the governing hierarchy declined in philanthropic values so did the cohesion of the nation until their greatness was relegated to the History books. This lesson has been repeated throughout both the ancient and modern world from Sparta to the USA.

We live in a world of endless possibilities, but only if we can learn to see ourselves as small but vital cogs in a massive machine. Teach yourself, your family, your community and beyond that we are all, quite literally, our brothers’ keepers.

The Mindlink Foundation is dedicated to the emotional, physical and spiritual upliftment of humanity. This dedication finds expression in seminars and workshops designed to integrate both conscious and subconscious as well as the physical and non-physical aspects of mankind. The effects of the resulting balance are far reaching and life changing. On a micro scale this leads to an enhanced lifestyle for the individual. The macro impact is to raise the consciousness of the planet as a whole.

The teachings of Rod Briggs are gentle, fun and informative with entertaining stories, transformational wisdom and insights. His tertiary studies included Science and Theology as well as Psychology at the University of the Witwatersrand and the UNISA. He is a frequent guest on local and international talk



shows and when not travelling presenting seminars, talks and lectures, he resides on the Dolphin Coast of Natal.

www.mindlinkfoundation.com





Epitomised mind power Part II

SWAMI MURUGESU MAHARISHI

The next law of using mind power is that one should use it only for reasonable things. A man who is earning a monthly income of 500 Rupees should not utilize mind power to increase it to fifty thousand at one stroke. One who has four houses already should not use the power of the mind to give him a few more houses. A man earning 500 Rupees a month may use it for getting up to 2000 Rupees monthly. A man without a house could use mind power to acquire a comfortable house in which he can live with his family. A businessman may wish to develop his business five to six times more. An officer could use mind power to grant him a reasonable promotion. And an unmarried boy or girl can command mind to arrange for their marriage. One's desires should be reasonable and limited to that which will bring basic happiness, not over-indulgence.

After selecting a specific problem, impress it in your mind firmly. For this purpose, concentrate on your problem with focus and calm. For example, if you want to build a house, visualize with great concentration yourself ordering the bricks, cement, and other materials. 'See' the labourers working on the foundations. Visualize the entire construction process of your house from the basement to the roof – in stages and in perfect sequence. Visualize it as if it is really happening. Once you complete the building in your visualization, hold the picture of the completed house in your mind and meditate on it without allowing the mental picture to fade away. Then allow that mental picture to be merged in the ether, and at the same time feel fully content that you have really completed the house and enjoy within yourself the same satisfaction that you would in actually completing a house of brick and mortar.

The mental condensation of your problem is given life as it has been visualized by your mind and is left in the atmosphere to materialize. True enough, you will realize that it will take the material shape after a short period. The time taken for achieving your result will depend on the depth and force of your concentration. If it is strong and one-pointed it will be very quick. Practice in the early morning and evening and when retiring to bed. Pass into sleep with the completed vision in your mind. Do not be thinking about your problem during the period when you are practicing. Always sit on a deer skin, wooden plank, or cloth, never directly on the floor. Face any direction but South. *And never use your mental power to harm others. You will be ruined.* Now for a few tests:

- i. If you want to impress something on a friend or family member who stays at a distance from you, visualize the person clearly in your mind (their photograph can be used). At the same time, state firmly what you want to impress upon the person, and visualise them fulfilling your suggestion willingly.
- ii. To unite an estranged husband, wife or child, visualize their form clearly while saying 'You remember your desire to come and meet me. You cannot brush aside this impulse within you, you decide to come and see me'. Meditate as if he or she has arrived willingly.

Now friends, following the above examples you can learn the proper ways to use your mind power for any problems you may face.



Swami Dr RK Murugesu Maharishi founded the Gayathri Peedam in Sri Lanka, which promotes the non-denominational Divine Mother aspect of God.





Inner versus global conflict

SUREN PILLAY

In a word of duality and conflict a critical question that everyone is asking is: 'how do we attain world peace and harmony?' This has been the topic of various subjects, debates and philosophical studies. For most people the problem can only be solved by statesmen and political actions. Political reforms have been applied across the globe with limited success in attempting to curb the problem of war and destruction. The ancient knowledge of Vedanta, however, proposes a much more personal solution to the problem of outer conflict.

The paradigm shift that needs to take place is in terms of first identifying inner conflict and then outer conflict. It has been said that no creation was ever made once, and that all things were created twice. First the creation existed in the mind and then it was physically expressed in the material world. Similarly, no conflict was ever created once but first assimilated in the individual and cosmic minds and then expressed in the physical world.

Whenever a person is experiencing inner conflict and relies on sources of knowledge that are fallible, there is always the possibility of an incorrect decision being made. The critical issue is the level of action taken on such incorrect information. If wars are based on false perceptions and ideals then inevitably this will lead to mass destruction and poverty for the majority of people. The key to solving the world peace problem is to first solve the inner peace problem. If people had enough experience of spiritual awareness they would automatically refrain from causing pain to other human beings.

The principle of non-violence arises automatically in one who is in tune with spiritual consciousness. The process of awakening spiritual consciousness can be done in various ways including meditation, satsang, jana and karma yoga. However, most followers of raja yoga are of the opinion that meditation is the most effective in inducing a calm state of awareness. The physiological studies conducted on meditation reveal that meditators not only age slower but are more mentally attentive and generally more focused in their daily activities.

The key ingredient to end all war is to first put an end the internal war. This internal war includes inaccurate perception, and incessant desires based on greed and lust as well violence. These mental deformities must be eradicated by effective sadhanas (spiritual practices) which will result in a clearer, more positive and happier outlook on life. The value of human life will also be placed on a much higher pedestal than it is currently in the world situation.

Surendran Pillay is a Chartered Accountant and a motivational speaker and lecturer at the University of South Africa, author of *The Art of Intelligence: A practical guide to igniting the Power of Mind*, and a composer of meditation music, keyboardist and tabla player.

www.surenpillay.comwww.facebook.com/surenpillaySA



Equal opportunity for education

FLORA TECKIE

As we celebrate National Women's Month this month, let us reflect on the progress we have made towards education and empowerment of women in our societies, while looking ahead to overcoming the challenges that still remain. Education and training of women and girls is crucial to the well-being and advancement of communities and nations. Without the qualities, talents and skills of both women and men, full social and economic development of the planet is impossible.

In the Bahá'í view, the capacity of women is the same as man and she can achieve similar results as man, if she is educated and given the same opportunities. According to the Bahá'í Scriptures: *"... men and women are equal in the sight of God ... there is no distinction to be made between them. The only difference between them now is due to lack of education and training. If woman is given equal opportunity of education, distinction and estimate of inferiority will disappear"*.

Development and education of every child, their personality, talents, mental and physical abilities and spiritual qualities to their fullest potential, is the right of every child – whether boy or girl. Education of girls is not only a human right. It is also in the best interests of society as a whole.

It is the Bahá'í view that education should be provided to every child, equally to boys and girls. The Universal House of Justice, the governing council of the Bahá'í international community states: *"The cause of universal education ... deserves the utmost support that the governments of the world can lend it. For ignorance is indisputably the principal reason for the decline and fall of peoples and the perpetuation of prejudice. No nation can achieve success unless education is accorded all its citizens. ... The decision-making agencies involved would do well to consider giving first priority to the education of women and girls, since it is through educated mothers that the benefits of knowledge can be most effectively and rapidly diffused throughout society. In keeping with the requirements of the times, consideration should also be given to teaching the concept of world citizenship as part of the standard education of every child"*.

Women will not only render service to humanity as mothers and first educators of the next generation, but they will make special contributions to the creation of peace and a just world order.

In the present transition of humanity to greater maturity, women's role and contribution cannot be underestimated. As women and men complement each other, if one is defective, the other also cannot attain to perfection. According to the Bahá'í Writings *"As long as women are prevented from attaining their highest possibilities, so long will men be unable to achieve the greatness which might be theirs"*.

While men and women are physically distinct, their spiritual identities are equal. *"Women and men,"* the Bahá'í Writings state *"have been and will always be equal in the sight of God"*. The soul has no gender and the social inequities, which may have been dictated by the survival requirements of the past, cannot be justified at a time when humanity stands at the threshold of maturity. *"The advancement of civilization now requires the full participation of everyone, including women. Women must, therefore, be educated, not only for the service they render to humanity as the first educators of children, but ultimately, for the special contributions women must make to the creation of a just world order, an order characterized by such compassion, vigor and scope has never been seen in history"*.

The Bahá'í Faith is the youngest of the world's independent religions. Its founder, Bahá'u'lláh (1817-1892), is regarded by Bahá'ís as the most recent in the line of Messengers of God that stretches back beyond recorded time and that includes Abraham, Moses, Buddha, Krishna, Zoroaster, Christ and Muhammad.



Bahá'í Topics

*Religion bestoweth upon man
the most precious of all gifts.*
-BAHA'U'LLAH-

AN INFORMATION RESOURCE OF THE BAHÁ'Í INTERNATIONAL COMMUNITY

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Maitreya is the World Teacher, the Master of all the Masters, the Head of the Spiritual Hierarchy of Masters, the Embodiment of the Christ Principle on our planet. He holds the office of the Christ and worked through the Master Jesus in Palestine for the last 3 years of Jesus' life. He is the Teacher or Avatar awaited by many faiths under different names; He is here for all humanity, not as a religious teacher, but as a spiritual teacher to uplift and bless all humanity, to heal and inspire us to make the needed changes in the world. His social concerns are reflected in His priorities. As He Himself says: "The problems of mankind are real but solvable. The solution lies within your grasp. Take your brother's need as the measure for your action and solve the problems of the world. There is no other course." Maitreya's message can be summed up in a few words: "Share and save the world." He has come to teach the art of Self-Realization. He comes to offer the love that he is, so that we may know the love that we can be.

Gambling gestures

BY THE MASTER through Benjamin Creme

Whenever men make a determined step into right relationship, there are always others who make an equally determined step into confrontation. Multitudes work, and even die, for greater freedom and justice; while other forces threaten the peace in cynical attempts to consolidate their diminishing power. Meanwhile, humanity at large watches and trembles, witnessing with fear a renewal of ancient hatred thought to be discarded and overcome.

Common sense

We, your Elder Brothers, too, watch carefully this dangerous ploy, but fear not. Common sense, We know, will force the acceptance of at least a precarious peace, with gains and losses balanced, more or less.

From now on this scenario will be repeated across the world, where the 'great powers' attempt to maintain or to even increase their power, knowing, however, that they must do so carefully without damaging the status quo.

Peace and prosperity

For how long can the nations play this useless game? The only sensible course is to work together for peace and prosperity for all. Only in this way will they ready their peoples for the joy of peace, the prosperity of justice, and the bliss of sharing.

SOURCE LINK TO THIS ARTICLE: http://www.share-international.org/master/2014/ma_2014-06.htm

The Master is a senior member of the Hierarchy of the Masters of Wisdom; His name, well-known in esoteric circles, is not yet being revealed for various reasons. The Master dictates messages to Benjamin Creme who is in constant telepathic contact with the Master. Share International is a worldwide network of individuals and groups whose purpose is to make known the fact that Maitreya, the World Teacher for the coming age and his group, the Masters of Wisdom, are now among us, emerging into the public arena gradually, so as not to infringe human free will.

British futurist Benjamin Creme, artist, long-time student of esoteric philosophy and foremost spokesperson for this message, has for more than 30 years been preparing the way for Maitreya's emergence. He is the author of numerous books, translated into many languages, and editor of Share International magazine.

SHARE
— International —
<http://share-international.org>





What is joy?

SWAMI SHANKARANANDA MAHARAJI

Everything about you is about life and death, and they have to occur together. As soon as you are born, it is destined that you'll die. And yet we find ourselves in a state of great joy when a child is born; and feel great sorrow when that same child dies. Why we do that we don't know. Think about yourselves: if you were locked in a room for one hour you'd want to get out. On a long bus ride, halfway through the journey you want to get off because you can't handle being closed in. Yet nine months after being suffocated, and carried in a closed environment, we are so excited that this child is born into another state of pain, sorrow and depression, called life.

Ask anyone how they're feeling at any time, and they'll say 'okay'. Nobody feels excellent, or extra good. They all feel 'okay'. The reason being that they are so crowded with thoughts of pain, of sorrow, of financial difficulty, and of stress, that they lose every touch with happiness and joy.

What is happiness and joy? We don't know because we are individuals who seem to be happy when a child is born and sad when a child dies. The purpose of this birth is to never be born again. But all of us want to be born again. Continuously. 'I wish I don't have the same life in my next life...' Why do we speak like that? It's because we're so much in tune with our pain that we know no better. This whole life is about pain. Whether you're a great sage, a pauper, or on the streets begging – the pain is the same. The only difference is that when you are in a state of affordability you can go for two hours to *Sibaya* or *Suncoast* and forget about the pain, only to remember it again as you leave the casino. You have two hours of painlessness – you hear 'kling, kling, kling' in your head until you get out. Then you have to think again about paying your lights and accounts. The pain does not stop.

We must think about this life of joy. What is joy? When Buddha wrote his manual, one of the things he asked was, 'Why do humans always want a rope around their necks? It's because they want to be born again and again'. We should say, 'This is my last life and I'm going to make the best of it'. And the best of it is if you follow the spiritual path. You must dance like you've never danced before; sing like nobody is listening to you. Love like you have never loved before, and give like you have never given before.

The period between birth and death is called life. And in that period you need to make the best of it. When I say make the best of it, let God be your constant companion in your mind. That's all. Whether you're sitting in the office in the bank writing legal documents, sitting in your garage counting all the cash you made, or whether you sell one car or hundreds, let God be your constant companion.

SOURCE LINK TO THIS ARTICLE: <http://fridaysatsang.blogspot.com>



Swami Shankarananda Maharaj is the founder of the Jadatharaya Institute of Right Living and Yoga. His teachings are scientific but practical. The Institute promotes universal spiritual principles and embraces students of every denomination. One does not have to follow an Eastern religious practice to be involved in the Kriya Yoga classes, though an understanding of universal spiritual philosophies is beneficial. Swami's weekly discourses are recorded on his blog which can be accessed at www.fridaysatsang.blogspot.com. For more information on the Jadatharaya Institute, please visit the website below.

www.jadatharayayoga.com





Mind and heart matters: poems and truth

BERNIE SIEGEL, MD

Let me explain that today's column comes from the animals within me and the ones I currently live with and love and those from my past whom I have loved. I know I am a multiple personality and enjoy having all that life and energy inside of me.

From Rumi: Within we are many things. There is mouse in us, and there is bird. The bird carries the cage upwards, while the mouse drags it down. A hundred thousand different wild beasts are together within us, but they are all converging on that moment when the mouse will renounce its mousehood and the bird its birdhood, and all become one.

From Mary Oliver: You do not have to be good. You do not have to walk on your knees. For a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves.

The key factor in all our lives is what we do with all that energy and all those desires and needs which reside within us. When you begin to lose control and feel powerless then the problems arise. When you believe and have faith then solutions appear and restore your faith.

From Carl Sandburg's poem *Wilderness*: First he writes there is a wolf, hog, fish, baboon, eagle and mockingbird in me and he describes each and that they are from the wilderness and I suggest you search the poem on the internet and read it all. He concludes with: O, I got a zoo, I got a menagerie, inside my ribs, under my boney head, under my red valve heart-and I got something else: it is a man-child heart, woman child heart: it is a father and mother and lover: it came from God-Knows-Where-- For I am the keeper of the zoo: I say yes and no: I sing and kill and work: I am a pal of the world: I came from the wilderness.

You and I need to be empowered and understand Sandburg's words: FOR I AM THE KEEPER OF THE ZOO. You are the decision maker and the creator of your life. You are the trainer and coach who shows all your internal components and residents of the zoo what life is about and how to behave and act towards life's other zoo animals.

Marion Woodman, a Jungian therapist and friend, refers to the word *mater*, the Latin word for mother, the body, the matter that wants to become conscious through its relationship to spirit. The hard to attain treasure is buried within us and is accessed through the images in dreams, movement, voice work and other expressive modalities. She calls the body our earth and "the body is the unconscious in its most immediate form." As above so below representing as in the head, so the belly.

As I read her words I keep thinking of all the criticism I received for thinking this way decades ago. But we are a unit and must find ways to connect what is within us and become aware so we can bring it forth and heal our anguish. The key is to create a bridge to the unconscious depths which drive us. As Jung said, it is the unconscious which creates the future long in advance and our rational minds are not able to access it.

So pay attention to your dreams and images and all those creatures roaming around in your wilderness. Psyche and some are inseparable and create the duplex aspect of our existence. When you pay attention and listen to what the man-child and woman-child hearts are telling you then the positive aspects of our duality, the masculine and the feminine, become active in our creative pursuits.

Another word which appears in an article I am reading and sharing is the word *duende*. *Duende de la casa* relates to owner of the home and is discussed as representing the earth spirit residing in each of us. That gets me back to Sandburg's poetic wisdom in acknowledging we are the keepers of the zoo.





The problem is that if you are not aware of all that exists within you your body will suffer the consequences. Your conscious mind and soul, spirit, unconscious, intuition or whatever term you want to apply to it need to communicate and be aware of each other's desires just as the keeper of the zoo must be aware of and care for all the residents of the zoo.

I see this not only on a personal and social level of one's life but also from the medical perspective too. Dreams and drawings can reveal what exists within our bodies and which treatments are the right ones for us as individuals. If we pay attention and are willing to own our home and be the keeper of the zoo it expands our wisdom and access to information which can be of help and guidance.

Hey remember GUIDANCE = God U & I Dance. I see how accepting one's body can be to medical treatments which are associated with innumerable side effects when the psyche and soma, your zoo residents, agree with the decision and know it is life enhancing and will nourish rather than poison the zoo's occupants.

And this is true of all aspects of your life and not just medical ones. Your relationships, occupation, authenticity, family and everything else will be affected by what your internal zoo is like. Now another test question for all of you.

I am going to ask you to tell me what your favorite animal is and why it is your favorite animal. You can pick any member of the world's zoo and what it is about that creature that makes it your favorite. You can't do it wrong so relax and just think about it for a minute. Then come back to this article after you have thought it out for my next comment.

What I am going to share with you is the fact that your description of your favorite animal is really about how you feel about yourself and what you see in yourself. It isn't about the animal it is about what you see in it. So a suicidal teenager answered me: an eagle and then described this beautiful graceful bird flying through the sky. After a few minutes of describing the eagle she turned to me and said, "I'm not committing suicide." Yes, I could see her becoming that eagle as she described it.

Worst answer I ever had came from an unhappy lady who had a poor opinion of herself due to her life and family. I wanted to trick her into seeing she was a worthy person with good traits so I asked her to describe her favorite animal. She quickly responded, "I hate pets and killed my canary." I knew I had my hands full trying to help her from there on. I may add I do not make up any stories these things have all happened to me.

Okay I love chipmunks. You can decide what that says about me. it drives me nuts when our cats catch one and often bring them into the house for entertainment. The other day I knew something was up when two of our cats were hanging out in our bedroom and bathroom where there is water and cat food. Sure enough a chipmunk was hiding there. Couldn't have picked a better spot. They ain't easy to catch. They are clever little critters. Hmmm, I'm feeling better about my choice maybe I just figured out something about myself.



Dr. Siegel, who prefers to be called Bernie, retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. As a physician, who has cared for and counseled innumerable people whose mortality have been threatened by illness, Bernie embraces a philosophy of living and dying that stands at the forefront of the medical ethics and spiritual issues our society grapples with today. He continues to assist in the breaking of new ground in the field of healing and personally struggling to live the message of kindness and love.

Visit Bernie's web site at www.BernieSiegelMD.com



A walk into meaning

FR. NOEL GILLESPIE SMA

St Augustine captures the dynamics of a walk when he says '*solvitur ambulando*' (it is solved by walking). Once God went for a walk in the cool of the evening... (Genesis 3.8). It has the feel of a Sunday afternoon. There is a hint of loneliness somehow. God walks alone. There is an eerie quiet. God had not seen Adam and Eve for some time now. God calls out, 'where are you?' Adam appears from behind the lush growth: 'I was afraid because I was naked so I hid'. God enters into a conversation: 'have you been eating from the tree I forbade you to eat?' Adam says Eve, 'gave me some fruit from the tree, and I ate it'. God turns to Eve and asks, 'Why did you do that?' Eve replies, 'the snake made me do it'. God listens while Adam blames Eve, and she in turn blames the snake. God now speaks. The snake will crawl on its belly, Eve will suffer pain in childbirth, and Adam will have to earn his food by the sweat of his brow. God reprimands, yet he also reaches out making 'tunics of skins for the man and his wife and clothes them'. Adam and Eve must take responsibility for their actions, yet are clothed, giving them strength and protection. A crisis is solved.

There is loveliness in this scene. When God first realises there is something wrong, what does he do? He goes for a walk. God walks alone, trying to understand what has happened. And in the walking, an answer comes. A walk creates a prayerful space of patience. The slow chemistry of a walk helps dissolve life's knots, piecemeal, under footfall.

It was the same for the two disciples who set out on a walk from Jerusalem to the village of Emmaus, talking along the way (Luke 24). Jesus, in whom they had placed all their hopes, is dead. They are conflicted. Perhaps they blamed Peter who denied Jesus after the cock crowed three times; perhaps they blamed those who slept in the Gethsemane garden, not able to stay awake for one hour. Then something new happens. The two disciples begin to talk of all that had happened (Luke 24.14). The quiet, almost invisible little word, 'all', suggests that now they have become more honest. My sense is they begin to get an inkling of their own part in the sorry tale. They do not edit anything. It is at this very moment of raw nakedness when they began to talk about all that had happened, and precisely at that moment that 'Jesus came up and walked by their side' (Luke 24.15). It was as if he could not walk with them while they were less than honest. It was only when they discussed all that had happened, that the beginning of an understanding began to emerge. It was only then that Jesus felt they were ready to enter into dialogue with him, leading to a profound deepening of their seeing. At the end of the journey, the two walkers' 'eyes were opened' and they recognized him in the breaking of the bread. They saw with fresh understanding. It is solved by walking.

The very act of walking allows the alchemy of body, aches and pains, to mould my soul to be more sensitive to God's presence. Angels whisper to a man when he goes for a walk. On a pilgrimage walk the outer landscape connects powerfully with the inner landscape of the soul. Brother Joseph advises: 'All we have to do is take one step, then another step'. Nothing more, nothing less! God is with us in every step we take. The bushveld whispers: 'be still and know that I am God'. God's spirit will speak in the silence of the bush. Sweat-encrusted sand in your face, stiff limbs, blistering feet, become a sobering prayer of felt need. Poems dust penned attest to life-giving conversations with God.

Kefemetsi Matlhapeng sees the Sun and Son as one:

*There is no meaning of the day Without the Son There is no meaning of the Night without
Darkness Just as there is no meaning of Me without Jesus.*





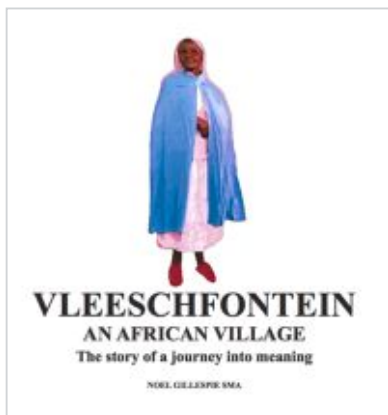
Keoaboka Phetoane walks alongside those who have gone before us:

*Walking in the morning ...in weather that was freezing
...pain we offered to God ...when we wanted to cry ...
Walking in the hot sun ...looking at that long road
...almost like a trip to heaven ... All we did was walking ...
talking together and caring ...remembering those who went before us ...
along this path ...some crying ...some laughing ... some praying ...
just as we who are today's pilgrims.*

Walking circulates the very breath of God that heaves within me. Walking makes my breathing rhythmic and repetitive. It stimulates. It exercises my being. As I walk on the delicate soil skin that is the crust of the earth, I breathe in, I breathe out. I receive. I give. Prayer heaves unceasingly as I inhale and exhale.

When we retrace the painful path of exile taken by our ancestors in the faith in 1950, a transformation takes place. Healing happens when you enter and re-enter the pain, until the point of grace beyond the pain is reached. The rise and fall of each step creates moments of mindfulness. Each step we take is a step into the present moment. God is always now. Every step, every moment, is a dying to the past, and a rising to the present. The past is not rejected, but allowed to crumble back into the dust from which it was formed. Walking becomes the very antidote of apartheid. All blisters have a stinging sameness about them.

There is only one step between God and me. When I step into the present moment, there is God. When I take my first step I have at once set out and arrived at the same time.



Recently published by Father Noel:

Vleeschfontein, an African village: the story of a journey into meaning

ISBN 978-0-620-57775-5, Mariannhill Mission Press.

Father Noel captures the essence of the BaKwena Baphalana BaSesobe peoples' journey from the growth of Vleeschfontein Mission to the displacement of the communities during the South African era of Apartheid, and full circle to the re-established communities that are thriving today. This true story follows Nkoko Rofina's heroic leave-taking and affirms her life as a still point in her people's journey into meaning.

For more information or to purchase a copy, please visit: <http://vleeschfonteinpilgrims.org.za/>



Father Noel Gillespie SMA, a native of Kilbeacanty/Gort in the west of Ireland is a priest with the Society of African Missions. He has lived with the Batswana and Afrikaner peoples along the banks of the Marico River in South Africa for twenty years. His story-telling is a word of thanks to the warmth of welcome received in a landscape shaped wonderfully lovely under African skies.

Fr Noel can be contacted by email at nollaigmacg@gmail.com



Readers' Inspirations

Love for all seasons

The dr sands of time scar us every day.
Age cannot be defied except by the exalted few.
In this day of possibility, let us embrace ourselves in love for love,
For it is only love that we remember on our journey.

SUREN PILLAY



One Song

Every war and every conflict between human beings
has happened because of some disagreement about names.
It is such an unnecessary foolishness, because just beyond the arguing
there is a long table of companionship set and waiting for us to sit down.
What is praised is one, so the praise is one too,
many jugs being poured into a huge basin.
All religions, all this singing, one song.
The differences are just illusion and vanity.
Sunlight looks a little different on this wall
than it does on that wall
and a lot different on this other one,
but it is still one light.
We have borrowed these clothes,
these time-and-space personalities,
from a light, and when we praise,
we are pouring them back in.

RUMI



Overcoming Anger

I make up my mind never more to wear anger on my face.
I will not inject the poison of anger in the heart of my peace
and thus kill my spiritual life.
I will be angry only with anger and with nothing else.
I cannot be angry with anyone because the good and the bad
both are divine brethren, born of my one divine Father.
I will calm the wrath of others by the good example of my tranquility,
especially when I see my brothers suffering from the delirium of anger.
Teach me not to kindle anger and thus devastate with the conflagration
of wrath the green oasis of peace within me and in others.
Teach me rather to extinguish anger with the torrents of my unceasing love.
Heavenly Father, command the lake of my kindness
ever to remain undisturbed by the storms of misery-making anger.

PARAMAHANSA YOGANANDA



Index of Resources and Online References

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is a unique, non-commercial electronic magazine aimed at promoting unity in spiritual diversity and in equipping serious students of God with inspiration, motivation and methods of transformation.

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Transcendence is Published by
the Jadatharaya Institute of Right Living and Yoga
PO Box 2077, Verulam 4340, kwaZulu-Natal, South Africa

ISSN 1815-4425

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Views and Opinions expressed by individual authors are not necessarily the same as those held by the staff or members of Transcendence or the Jadatharaya Institute of Right Living and Yoga.

Design and layout by Cosmic Creations
www.cosmic-creations.net